



# Murray Senior Recreation Center

2020

Recreation for 55+

February

## Fire and Police Appreciation Fundraiser

Each year, we have a **FIRE AND POLICE APPRECIATION WEEK** in February where we invite our Murray firefighters and police officers to enjoy a lunch with our participants. Please mark your calendars for the **week of February 10-14** as we host the Murray City Fire and Police for lunch every day that week. The cost of the lunch for one of our public servants is **\$5**. We are asking our participants to donate what they can as a “thank you” for the services provided by the Fire and Police. Last year, we met our goal of \$400.

## Mardi Gras Celebration

Join us on **Tuesday, February 25 at 11:00** as we transform the Murray Senior Recreation Center into downtown New Orleans and celebrate the final day of the Carnival season—**MARDI GRAS**, French for “Fat Tuesday.”

A special Cajun meal will be served, including King Cake, while we listen to the jazzy sounds of the *Riverton Jazz Band*. We’ll toss beads, and a few lucky participants who find the “baby” in their King Cake will win a prize! Thank you to Jenkins-Soffe for their sponsorship of Mardi Gras.

The cost for this fun event will be **\$8** for reserved seats. Purchase one seat or an entire table (**SIX SEATS**). Registration began Tuesday, January 28.

**Deadline: No reservations or cancellations for refunds may be made after close of business on Tuesday, February 18.**



### February Center Closures

Monday, February 17      President’s Day

### Next Special Event

Tuesday, February 25      Mardi Gras  
*Registration begins Tuesday, January 28*  
*Deadline is Tuesday, February 18*

In lieu of our Symposium this year, we will be having a Health Fair on Wednesday, May 27.

### Inside this issue:

General Information	2
Education	3
Miscellaneous	5
Calendar of Events	6
Recreation	8
Services	9
Fitness	10
Travel	11
Lunch Menu	12

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-  
Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**



### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Kat Martinez, District 1  
 Dale Cox, District 2  
 Rosalba Dominguez, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Callaway
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Bart Harris
Building Attendant	Pete Wright

### Advisory Board

**Chair:** Ed Houston  
 Lynn Anderson  
 Richard Clark  
 Susan Hatcher  
 Sandra Jones  
 Christine Clark  
 Max Derrick  
 Becky Harris  
 Jenny Martin

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to the Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is available at the Front Desk of the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. A suggested donation of \$1 per issue is appreciated for the copies picked up at the Murray Senior Recreation Center. *Newsletters are archived online.*

You may make a **RESERVATION** for yourself and one friend for programs and trips as long as payment accompanies the reservation. If you pay for a friend, you are then responsible for taking care of any cancellations and/or refunds with the friend.

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card at the Front Desk.

April Callaway is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is time provided for comments.



[www.facebook.com/MurraySeniorRec/](https://www.facebook.com/MurraySeniorRec/)  
[www.facebook.com/MurrayCityUtah/](https://www.facebook.com/MurrayCityUtah/)

## Senior Care and Life Planning

Afraid of having to pay for senior care? On **Wednesday, February 5 at 10:00**, come learn from a panel of **SENIOR CARE AND LIFE PLANNING** professionals. They will discuss real estate, long-term care, insurance, reverse mortgages, estate planning, Medicaid, and veterans benefits. This is a **free** class. [Register now.](#)

## eBooks and eAudiobooks

On **Friday, February 7 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smartphone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address, or a piece of mail with your name and current address. This is a **free** class. [Register now.](#) Space is limited to seven participants.

## Grief Support Class

On **Friday, February 7 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

## History Class: Alexander the Great

On **Tuesday, February 11 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss **ALEXANDER THE GREAT**. Alexander the Great was king of Macedonia. He is considered the greatest general of all times, partly due to the fact that he was undefeated in battle. This is a **free** class. [Register now.](#)

## Alcoholics Anonymous Informational Class

On **Tuesday, February 18 at 10:30**, there will be an informational class about **ALCOHOLICS ANONYMOUS**. We will share our experiences, provide literature, and answer questions. We will talk about what AA is and isn't, the twelve steps, and how AA works in practice. This is not an AA meeting. This is a **free** class. [Register now.](#)

## Navigating Your Health

On **Friday, February 21 at 10:30**, various community partners will teach about **NAVIGATING YOUR HEALTH**. We frequently receive questions about what to do when your doctor or dentist retires and you cannot see the new doctor for several months. What do you do about prescriptions that might be running out? They will teach us ways to find new doctors and generally how to prepare for these events—before they happen! This is a **free** class. [Register now.](#)

## AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the last Tuesday each month. The next class will be on **Tuesday, February 25 from 9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging: Heart Health

On **Tuesday, February 25 at 1:00**, the **VITAL AGING** wellness topic will be **HEART HEALTH**. Keeping your heart healthy through diet and exercise throughout life and learning the steps to prevent heart disease is our focus. Learn more about how your heart changes with age and how to communicate more effectively with your doctor. We will also cover how to be the best you can be while living with multiple health problems. This is a **free** class. [Register now.](#)

## Nutrition: Heart Health—Don't Skip a Beat!

On **Friday, February 28 at 10:30**, Ashley Quadros from Harmons will be teaching us **NUTRITION: HEART HEALTH—DON'T SKIP A BEAT!** Learn how to take steps to a healthier lifestyle and reduce your risk of heart disease. Ashley will teach you how to make simple changes that really add up, including food label reading, heart-healthy food substitutions, and choices that reduce blood pressure and cholesterol. This is a **free** class. [Register now.](#)

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

### Crafting with Susan

Susan will be teaching her **CRAFTING WITH SUSAN** class on **Tuesday, February 11** at **2:30-4:00**. The sample is in the lobby display case. The cost is **\$5** and all supplies are included. Register now. The deadline to register is **Friday, February 7** at noon.



## Painting Classes

John Fackrell's six-week **WATERCOLOR** class will continue through **Monday, February 24** at **9:00-12:00**. A new six-week session will begin **Monday, March 2**. Cost is **\$33**. Registration begins Tuesday, February 18.

John and Joan Fackrell's six-week **ART APPRECIATION** class will continue through **Monday, February 24** at **1:00-3:30**. A new six-week session will begin **Monday, March 2**. Cost is **\$33**. Registration begins Tuesday, February 18.

Jeanette Morris' eight-week **PAINTING** class will continue through **Wednesday, February 26** at **9:00-12:00**. A new eight-week session will begin **Wednesday, March 4**. Cost is **\$40**. Registration begins Wednesday, February 19.

Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

### Family History Hands-on Training in Draper

The Riverton FamilySearch Training Team will be teaching a **FAMILY HISTORY HANDS-ON TRAINING** workshop at the **Draper Library** (1136 E. Pioneer Road) on **Tuesday, February 18** through **Tuesday, March 31** from **7:00-8:30 pm**. Computers will be provided by the Draper Library. Pre-register with Sarah Brinkerhoff at 801-943-4636.

## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove, Connor O'Leary, and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class will continue through **Wednesday, February 12** at **12:30-2:00**. A new session will begin **Wednesday, February 19** through **Wednesday, March 25**. This is a **FREE** class. Space is limited to eight participants (two participants will need to bring their own laptop).

## Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or use the cash box located in the Computer Lab).

## Photoshop Class

Greg Waldron is back with his **PHOTOSHOP CLASS** on **Monday, February 24, Wednesday, February 26, and Friday, February 28** at **10:00-11:30**. The first class will be a lecture and demonstration on Photoshop. There will be a small segment on the use of cameras, a look at photography, and then we'll dive into Photoshop with demonstrations of the key functionality of the software. The third class will be dedicated to the participants' personal projects and Greg will guide you through the steps to edit your own photos. The cost is **\$15**. Register now. Space is limited to six participants.



## 8th Annual Storytelling Workshop

The Center is pleased to bring back the **STORYTELLING WORKSHOP** in February. The Murray Cultural Arts Department sponsors this workshop each year. It begins on **Tuesday, February 18 at 10:00-11:30**. This six-week workshop will run every **Tuesday** and **Friday** through **Friday, March 27**. It's a fun way to get back in touch with stories you remember from earlier days. The first class will be an introduction to storytelling and what you may expect from this workshop. This is a **free** workshop. [Register now.](#)

## Aging Mastery Program (AMP)

In partnership with Salt Lake County Aging & Adult Services, we will be providing the **AGING MASTERY PROGRAM (AMP)** which was created by the National Council on Aging.

This 10-week course begins **Friday, March 6** through **Friday, May 8** from **12:30-2:00**. AMP is designed to inform, encourage, and support older adults as they take steps to improve their lives and engage with their communities. AMP is all about feeling better today and staying healthy for the future. We believe that small steps can make a big difference in our health and well-being, and that even modest improvements can make life more fun and meaningful. It's never too late to learn new skills and make changes. This is a **free** class. [Register now.](#)

## Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, February 10** from **10:30-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

## Volunteer Couple of the Month:

### Dave and Karen Maynard

Because the month of February celebrates Valentine's Day, the Murray Senior Recreation Center would like to honor one of our volunteer couples as **VOLUNTEER OF THE MONTH**. We have chosen **DAVE AND KAREN MAYNARD** to honor this month.

Dave and Karen both grew up in the Salt Lake Valley. Dave was working at a construction site and Karen was visiting her parents when they met on Valentine's Day in Price, Utah. When Dave got Karen's phone number, he was surprised to find out she lived in Salt Lake since he was from Midvale. They dated and married a year later. They have three children, all of which live in the Salt Lake Valley. They also have six grandchildren ranging in age from 10 to 17.

Karen worked as an administrative assistant at various businesses and retired from American Express. Dave worked as a plumber as a member of Local Union 140.

They joined the Murray Senior Recreation Center in April of 2013 to be a part of the golf program. At the kick-off meeting, Wayne asked for a volunteer to input golf scores into the computer and Karen volunteered. Dave volunteered to be on the golf committee two years later. They have enjoyed the golf program and everyone they have golfed with. Since that time, they have volunteered for other programs and events at the Center and have loved meeting and working with new people.

Karen enjoys golfing, bowling, crafting, reading, spending time with family, and playing games. Dave enjoys golfing, hunting, woodworking, reading, and spending time with family.

We will honor Dave and Karen Maynard as our February Volunteer Couple of the Month on **Valentine's Day, Friday, February 14 at noon**. Thank you, Dave and Karen, for your support of the programs at the Center.



# FEBRUARY

## Monthly Calendar

### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**  
**Closed**

## MONDAY

9:00 NIA  
9:00 Watercolor  
10:15 Pickleball  
10:30 Chakra Meditation  
11:00 Bridge Lessons  
12:30 Overall Fitness Class  
12:30 Personal Training  
1:00 Art Appreciation  
2:00 Strength Conditioning

**3**

9:00 NIA  
9:00 Watercolor  
10:15 Pickleball  
10:30 Chakra Meditation  
10:30 **Brunch Café**  
11:00 Bridge Lessons  
12:30 Overall Fitness Class  
12:30 Personal Training  
1:00 Art Appreciation  
2:00 Strength Conditioning

**10**



## TUESDAY

8:30 Ceramics  
9:00 Gentle Yoga  
9:30 Line Dance  
9:30 **Kingsbury Hall**  
10:30 Tai Chi  
11:30 Lunch  
12:30 Canasta  
12:45 Crafters  
1:00 Computer Help  
2:00 Beginning Line Dance

**4**

8:30 Ceramics  
9:00 Gentle Yoga  
9:30 Line Dance  
10:30 Tai Chi / **History**  
11:30 Lunch  
12:30 Canasta  
12:45 Crafters  
1:00 Computer Help  
1:30 **Legal Consultation**  
2:00 Beginning Line Dance  
2:30 **Crafting with Susan**

**11**



**CENTER IS CLOSED**

**17**

8:30 Ceramics  
9:00 Gentle Yoga  
9:30 Line Dance  
10:00 **Storytelling Workshop**  
10:30 Tai Chi / **AA Info Class**  
11:30 Lunch  
12:00 **Medicare**  
12:30 Canasta  
12:45 Crafters  
1:00 **Veteran Benefits / Comp Help**  
2:00 Beginning Line Dance

**18**

9:00 NIA  
9:00 Watercolor  
10:00 **Photoshop**  
10:15 Pickleball  
10:30 Chakra Meditation  
11:00 Bridge Lessons  
12:30 Overall Fitness Class  
12:30 Personal Training  
1:00 Art Appreciation  
2:00 Strength Conditioning

**24**

8:30 Ceramics  
9:00 Gentle Yoga  
9:30 Line Dance  
9:30 **AARP Smart Driving**  
10:00 **Storytelling Workshop**  
10:30 Tai Chi  
11:00 **MARDI GRAS**  
12:30 Canasta  
12:45 Crafters  
1:00 Computer Help / **Vital Aging**  
2:00 Beginning Line Dance

**25**



WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:00 <b>Senior Care &amp; Life Planning</b> 11:15 Chair Aerobics 11:30 <b>Birthday Wednesday</b> 12:30 Genealogy / <b>AARP Tax Help</b> 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:30 <b>VITA Tax Help</b> 7:00 Evening Social Dance	9:00 Zumba / Computer Help 10:00 Yoga / Transportation 10:30 <b>eBooks</b> 10:30 <b>Grief Support</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 2:00 <b>Mahjong</b>
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / <b>AARP Tax Help</b> 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics / <b>Wendover</b> 9:00 Pickleball / <b>Kingsbury</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:30 <b>VITA Tax Help</b> 7:00 Evening Social Dance	9:00 Zumba / Computer Help 10:00 Yoga / Transportation 11:00 <b>Music by Johnny Al</b> 11:15 Chair Aerobics 11:30 Lunch 12:00 <b>Volunteer Recognition</b> 12:15 <b>Readers Theatre Performance</b> 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge / 2:00 <b>Mahjong</b>
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga / Transportation 10:30 <b>Blood Pressure Clinic</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / <b>AARP Tax Help</b> 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Church History Museum</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help / Strength 3:00 Readers Theater 5:30 <b>VITA Tax Help</b> 7:00 Evening Social Dance	9:00 Zumba / Computer Help 10:00 Yoga / Transportation 10:00 <b>Storytelling Workshop</b> 10:30 <b>Navigating Your Health</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 2:00 <b>Mahjong</b>
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 <b>Photoshop</b> / Yoga 10:00 Transportation 10:30 <b>Board Meeting</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy / <b>AARP Tax Help</b> 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 5:30 <b>VITA Tax Help</b> 7:00 Evening Social Dance	9:00 Zumba / Computer Help 10:00 <b>Photoshop / Storytelling</b> 10:00 Transportation / Yoga 10:30 <b>Nutrition</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Overall Fitness Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge 2:00 <b>Mahjong</b>
		

## Valentine's Day Entertainment



Celebrate Valentine's starting at **11:00** on **Friday, February 14** by enjoying a special Valentine-themed meal while listening to the crooning love songs of **JOHNNY AL** at the Center.

Come eat anytime during **11:30-12:30**. During the lunch hour, we will be honoring Dave and Karen Maynard, our **VOLUNTEER OF THE MONTH** couple (see page 5).

Our **READERS THEATRE** and **BELL CHOIR** troupe will perform at **12:15**.

## Bingo

**BINGO** is played every **Wednesday** and **Friday** at **12:45**. Bingo is **free**, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating pies each week and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

## Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday** at **11:00**.

**BRIDGE** play is on **Wednesday** and **Friday** at **1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesday** at **12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesday** at **9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Mahjong

**MAHJONG** (a popular Chinese tile game) is played on **Fridays** at **2:00**. Beginners are welcome, all games are free, and anyone can join in on the fun.



## Murray Women's Golf League

The **MURRAY WOMEN'S GOLF LEAGUE** is starting registration for the 2020 Season. 9-hole play is on Mondays at the Murray Parkway Golf Course. You make your own tee time with the golf course. Registration cost is **\$35** and includes a catered banquet and lots of prizes at the end of the year. For more information, please contact Tricia Cooke at the Center or call her at 801-284-4237. This golf league is open to women of all ages.



## Senior Golf League

For those interested in playing in the Center's 18-hole **SENIOR GOLF LEAGUE**, the General Meeting is on **Monday, April 6** and the season begins on April 20. Polish up those clubs and join us this year. More information to come.



## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday** at **9:30** for all dancers and **Tuesday** at **2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night** at **7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and door prizes. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, East Coast Subs, Theresa Brandon, Kneaders Bakery and Café, and Texas Roadhouse.



## Wednesday & FRIDAY Transportation

**WEEKLY TRANSPORTATION** to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays** and **Fridays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

## Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00** to **11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

## Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00** to **4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, February 11** from **1:30** to **3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Blood Pressure Clinic

Monique at Harmony Home Health and Hospice will be conducting a **BLOOD PRESSURE CLINIC** on **Wednesday, February 19** from **10:30** to **12:00**. No appointments necessary.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, February 18** from **12:00** to **2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## Veterans Benefits

On **Tuesday, February 18** from **1:00** to **3:00**, Brock McLean, an officer in the American Legion Veterans Service, will provide individualized help to discuss **VETERANS BENEFITS**, assist with filing any claims, and answer general questions about benefits for Veterans. Advance appointments are required.

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, March 5** from **9:30** to **12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration began Thursday, January 30.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## AARP Tax Help

Volunteers from **AARP** will be providing **free TAX HELP** and preparation for tax payers over age 55 with middle and low income. This free and confidential service will be available **Wednesday afternoons** starting **February 5** through **April 8**. Advance appointments are required; registration began Wednesday, January 29. Please remember your appointment date and make sure you cancel in advance if you are not able to attend.

## VITA Tax Help

The **VITA TAX HELP** will be offered on **Thursday evenings** from **5:30 pm** to **8:00 pm** starting **February 6** through **April 9**. Appointments are made by calling 211 (a free information hotline); walk-ins are also welcome. VITA assists those who make \$56,000 or less and is for all ages.

## Exercise Classes

### GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Winter Walking Club

Our **WINTER WALKING CLUB** goal is to walk 412 miles to Las Vegas. Cost of the winter program is \$5 and started November 1. You will receive a pedometer and monthly calendars. Prizes await those who make it to Las Vegas by the end of March. Register anytime.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneakers or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach an **OVERALL FITNESS CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The University of Utah students' overall fitness class and personal training is included with the exercise room fee.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

The eight-week session will continue through **Monday, February 10** at **10:30-12:00**. A new session begins **Monday, February 24** through **Monday, April 13**. The cost is \$20 for the session or \$3 per class. Register now.

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to Pickleball, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Kingsbury Hall: Guangdong Modern Dance

Mainland China's first professional modern dance company, **GUANGDONG MODERN DANCE COMPANY** is internationally renowned for their exquisite and captivating performances. *Beyond Calligraphy*, one of the ensemble's most popular works, is a poem of movements inspired by Chinese scripts. The production comprises five dances named after the five styles of calligraphy.

The Center bus will depart at **9:30** on **Tuesday, February 4** for **KINGSBURY HALL**. Cost for the trip is **\$6**. Registration began Wednesday, January 22.

## Wendover

Travel to **WENDOVER** on **Thursday, February 13**, and enjoy a day at the Rainbow Casino. The cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return about **7:00**. Register now; the registration deadline is Thursday, February 6.

*2020 dates for Wendover are tentatively scheduled for February 13, April 9, June 4, August 13, and October 8.*

## Kingsbury Hall: FLIP Fabrique—Blizzard

FLIP Fabrique brings a fresh take on contemporary circus, creating whimsical, playful shows punctuated by breathtaking acrobatics. With *Blizzard*, FLIP Fabrique takes you on a crazy and poetic journey in the dead of winter, inviting you to lose yourself in a moment of complete wonder. With acrobatics, juggling, aerial hoops, trampoline trickery, and original music, *Blizzard* is the perfect cure for your winter blues.

The Center bus will depart at **9:00** on **Thursday, February 13** for **KINGSBURY HALL**. Cost for the trip is **\$6**. Registration began Wednesday, January 29.

## 2020 Overnight Trip: Tuacahn

We will be travelling to **TUACAHN** on **Monday, June 8** and returning on **Thursday, June 11**. This year's plays will be *Disney's Beauty and the Beast* and *Annie*. We will be staying at the CasaBlanca Resort and Casino in Mesquite, Nevada. Please watch our future newsletters for more detailed information.

## Church History Museum: Sisters for Suffrage

Celebrating 150 years since Utah women became the first in the nation to vote under an equal suffrage law, this exhibition highlights the pioneering role of the Relief Society in the local and national women suffrage movements. Intriguing historical artifacts and interactive kiosks make this exhibit an engaging experience for visitors. Come and learn the inspiring stories of Latter-day Saint women who organized to secure and defend women's rights in Utah and across the nation.

The Center bus will depart at **9:30** on **Thursday, February 20** for the **CHURCH HISTORY MUSEUM**. Cost for the trip is **\$6**. Lunch will be on your own at the City Creek Food Court. Registration begins Wednesday, February 5.

## Utah Museum of Fine Arts





Travel with us to the Utah Museum of Fine Arts and experience their special exhibits *Beyond the Divide: Merchant, Artist, Samurai in Edo Japan* and *Seven Masters: 20th-Century Japanese Woodblock Prints*. The screen and scroll paintings, arms and armor, sculpture, and color woodblock prints in this exhibit represent a coming together of the merchant, artist, and Samurai classes to create one of Japan's most diverse periods of artistic expression.

The Center bus will depart at **12:30** on **Wednesday, March 4** for the **UTAH MUSEUM OF FINE ARTS**. Cost for the trip is **\$6**. Registration begins Wednesday, February 12.

### BUS TRIP REMINDERS

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip host will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

# FEBRUARY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Soup of the Day now available as a Lunch Option</p>				
3 <b>NO LUNCH</b>	4 <b>BACON &amp; CHERRY STUFFED PORK TENDERLOIN</b> Roasted Asparagus Pasta Salad Gelato	5 <b>LEMON PEPPER TILAPIA</b> Roasted Corn Salad Roll Birthday Cake and Ice Cream 	6 <b>TACO SALAD</b> Spanish Rice Churro	7 <b>CHICKEN RANCH PASTA BAKE</b> Side Salad Roll Ice Cream Sandwich
<p>Lunch is served Tuesday-Friday between <b>11:30-12:30</b>  <b>Main Entrée price is \$4</b>            Make your lunch selection and then pay the lunch cashier            Sandwiches, soup, or salads available as alternatives            Prices range from <b>\$2-\$4</b></p>				
10  <b>10:30 - 12:00</b>	11  <b>PHILLY CHEESESTEAK</b> Onion Rings Fruit Strawberry Shortcake	12  <b>POT ROAST</b> Mashed Potatoes Green Beans Peach Cobbler	13  <b>HONEY GARLIC SALMON</b> Seasoned Rice Corn Oreo Cheesecake	14  <b>CHICKEN POT PIE CASSEROLE</b> Cottage Cheese and Fruit Bowl Roll Red Velvet Cake
17  <b>CENTER CLOSED</b>	18 <b>CHICKEN CAESAR SALAD</b> Garlic Breadstick Fruit Cup Cinnamon Roll Cake	19 <b>ORANGE CHICKEN</b> White Rice Egg Roll Strawberry Banana Cheesecake Salad	20 <b>MACADAMIA NUT CRUSTED MAHI- MAHI</b> Brown Sugar Roasted Sweet Potatoes Strawberry Poke Cake	21 <b>BEEF STROGANOFF</b> Brussel Sprouts No-Bake Chocolate Oatmeal Bars
24 <b>NO LUNCH</b>	25  <b>11:00-1:00</b> <b>Cost is \$8</b> <b>Pre-Registration Only</b>	26 <b>BREAKFAST CASSEROLE</b> Breakfast Potatoes Fruit Orange Cranberry Bread	27 <b>BACON-WRAPPED CHEESE-STUFFED CHICKEN</b> Cauliflower, Roll Snickerdoodle Cookie Bar	28 <b>STUFFED RAVIOLI</b> Caesar Salad Garlic Bread Lemon Cake